BENEFITS OF BLOOD-ENHANCING TABLETS FOR ANEMIA PREVENTION IN TEENAGE GIRLS THROUGH A POCKET BOOK

Popi Irawati[1], Sri Handayani[2]
202522002@students.unisa-surakarta.ac.id
Bachelor of Midwifery and Midwifery Professional Education Study Program
Faculty of Health Sciences, Universitas 'Aisyiyah Surakarta

SUMMARY

Background: *Anemia in adolescent girls remains a health problem that can reduce concentration, physical fitness, and increase the risk of health complications in the future. Data from the Indonesian Ministry of Health show that the prevalence of anemia among adolescent girls in Indonesia reaches 32%, with one of the main obstacles being the low level of knowledge regarding the benefits of Iron Supplement Tablets (TTD). A preliminary study conducted at SMA Muhammadiyah Sampit involving interviews with 42 adolescent girls found that most of them had never consumed iron supplement tablets because they believed their blood condition was normal and did not understand the benefits of TTD. Therefore, an interesting and easy-to-understand educational media is needed, one of which is a pocketbook.* ***Objective:*** *To develop a Communication, Information, and Education (KIE) media in the form of a pocketbook about the benefits of TTD in preventing anemia among adolescent girls.* ***Methods:*** *The preparation of the pocketbook included designing the media, compiling the material, and conducting respondent trials. The pocketbook was created using the Canva application in A6 size (10.5 cm × 14.8 cm).* ***Results:*** *The output of this final project was a pocketbook entitled "The Benefits of Iron Supplement Tablets for Preventing Anemia in Adolescent Girls." The pocketbook was designed in A6 size (10.5 cm × 14.8 cm) with a full-colour design and attractive illustrations. The pocketbook has been tested on three respondents and is ready to be registered for Intellectual Property Rights (HaKI) as copyright protection for the author.* ***Conclusion:*** *A pocketbook-based KIE media has been developed as an educational tool for preventing anemia among adolescent girls through TTD consumption. In addition to its novelty value, this work has also been registered for Intellectual Property Rights (HaKI).*

Keywords: *Anemia, Adolescent Girls, Iron Supplement Tablets, Pocketbook.*